



## Split Jumps

### Purpose:

This exercise develops explosive power in the legs.

### Benefit:

This advanced exercise improves power in your golf swing.

### Instructions:

From a standing position with and golf club held across the back of your shoulders, start by taking a forward with your right foot. Pretend like you are standing on a balance beam (narrow your base) and lower your torso and pelvis down keeping your posture upright. Allow your back heel to come off the ground and make sure your front knee stays over your front ankle (Don't let your front knee go forward past your ankle!!!). From the down position explode up into a full jump and switch positions of your feet in the air. You should land in a lunge position with your left foot forward. Repeat the jumps back and forth.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

